Wild West faceoff in Calgary

The Riders and division rival Stampeders are taking streaks of different kinds into their playoff matchup next weekend PAGE 14

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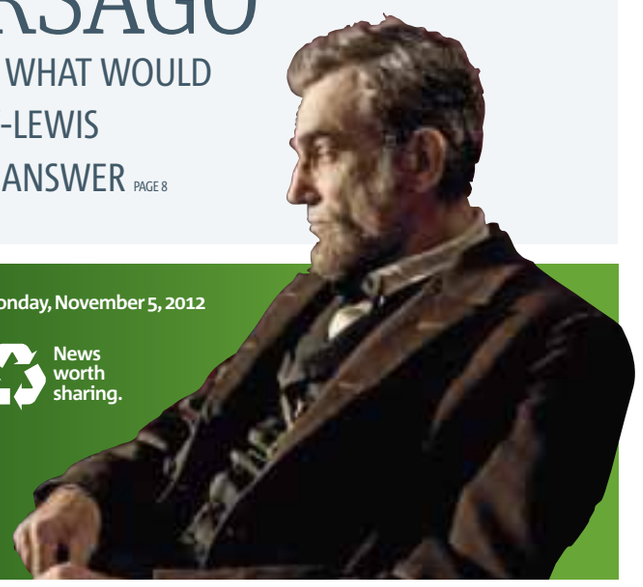
IF ABE LINCOLN COULD TEXT, WHAT WOULD HE WRITE? ONLY DANIEL DAY-LEWIS AND SALLY FIELD KNOW THE ANSWER PAGE 8



REGINA metro®

Monday, November 5, 2012

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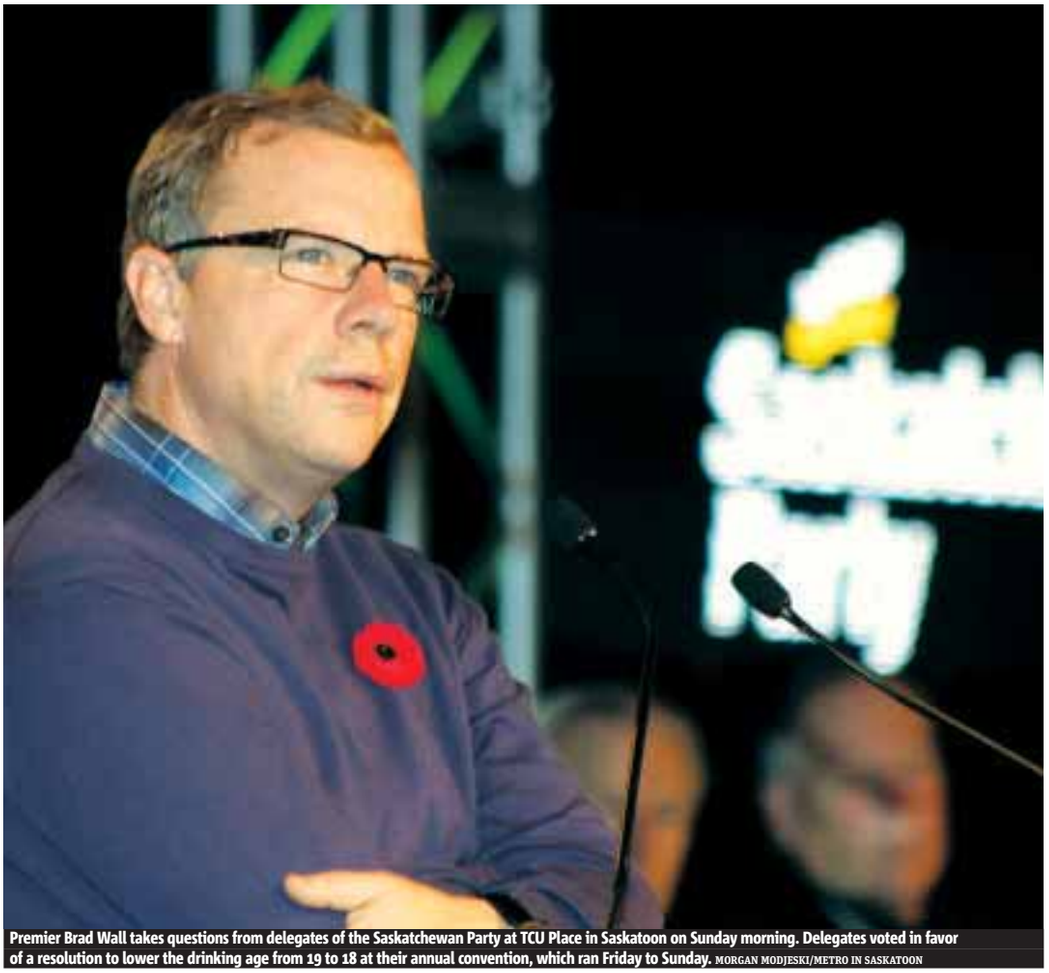
Legal drinking age in province could see drop



Premier Brad Wall takes questions from delegates of the Saskatchewan Party at TCU Place in Saskatoon on Sunday morning. Delegates voted in favor of a resolution to lower the drinking age from 19 to 18 at their annual convention, which ran Friday to Sunday. MORGAN MODJESKI/METRO IN SASKATOON

Going down to 18?

Premier says more consultation needs to be done

MORGAN MODJESKI
Metro in Saskatoon

The significance of one's 18th birthday may be getting a boost.

A resolution to lower Saskatchewan's drinking age from 19 to 18 has been adopted by delegates at the Saskatchewan Party convention, but Premier Brad Wall says there's much more to be done before it's made policy.

"We're not going to be moving forward with anything immediately, because there needs to be a much broader consultation," said Wall. "This is one consultation, but it's just party members and that's important, but there are many other groups."

Wall said the province would be seeking feedback from a number of groups, like industry members, law enforcement and other agencies, before the age is lowered.

"It's not government policy and we have work to do on this," said Wall. "We're very respectful of what convention resolutions say and don't say, but we also have a responsibility to the whole province."

The motion was put forward by the Saskatchewan Party Youth, and Wall said one of the arguments they presented was that an 18-year-old can serve their country but cannot have a drink.

Saskatchewan Liquor and Gaming Minister Donna Harpauer spoke against the resolution and Wall said he understands both stances on the argument, adding he feels organizations on both sides will be vocal on the matter.

"I don't think we'll have to wait or solicit advice from some," said Wall. "I've been looking at some social media and others and I think we're going to get advice from groups that are vehemently opposed to any change and some who will be in favour of it."

WITH FILES FROM THE CANADIAN PRESS (CTV SASKATOON)

Drivers beset by weather

Regina police believe the total number of accidents over an ice- and fog-filled weekend could be in the hundreds PAGE 2

Movember madness

Not just for Mo Bros: Mo Sistas can also play a crucial role during the campaign PAGE 11

Saskatoon Centre MLA David Forbes speaks to Etheline Tom at Fire Creek Gas & Grill on 20th Street in Saskatoon, as another clerk works from behind protective glass. Forbes toured the province earlier this year to raise awareness of Jimmy's Law. JESSICA SMITH/METRO

Province aims to protect late-night retail workers

Labour rules. New regulations include check-in system, personal emergency transmitters

The Saskatchewan government is changing labour rules in an effort to better protect late-night retail workers from violence.

Labour Minister Don Morgan told the Saskatchewan Federation of Labour convention in Regina that new regulations include a check-in system and personal emergency transmitters for all employees working alone in late-night retail establishments. The new regulations also include requirements for safe cash-handling procedures and video cameras for businesses that are open late.

While the changes fall short of the Opposition NDP's call for the province to make employers schedule at least two employees per shift at night, the party's labour critic says they're still welcome.

"Working the night shift at a gas station or convenience store comes with increased risk. When I visited workers on the night shift, what I heard is that they felt anxious. They know about those sad cases where an employee has become a victim," MLA David Forbes said in a news release Saturday.

Earlier this year, Morgan said British Columbia looked at having two workers present at all times, but backed away from the idea because he said it was too expensive and didn't necessarily improve safety.

Forbes, who had promoted Jimmy's Law with a provincial tour of late-night businesses, expressed satisfaction Saturday that some of its contents will be adopted in the new regulations.

"New Democrats feel strongly that victims like Jimmy Wiebe deserved better protection, and all steps to increase security and workplace safety are welcome," Forbes said in the news release.

Forbes added that enforcement of the new regulations will be critical, noting that the labour department released a study earlier this year that found many employers weren't following existing safety regulations. THE CANADIAN PRESS

Gas-station robbery

Jimmy's Law

The changed labour rules follow the death of Jimmy Wiebe, a clerk who was shot and killed during a robbery at a gas station in Yorkton, near the Saskatchewan-Manitoba border, in June 2011.

Friends and family of Wiebe signed a legislative petition earlier this year that called for the government to pass Jimmy's Law, a private member's bill to amend the Occupational Health and Safety Act to require at least two workers on late-night shifts or ensure that a worker is behind locked doors or a barrier when alone.

They also called for more measures to protect workers including panic buttons, better lighting, barriers and security cameras.

Wiebe's murder was captured on video cameras — something that helped police find his killer.

Kyle Braeden Furness pleaded guilty to second-degree murder and was sentenced to life in prison in December 2011.

Ice, heavy fog causes Regina road chaos

Cars commute on Albert Street on Sunday. City sanding crews worked throughout the day to make Regina's roads safe for commuters. JEFF MACKEY/METRO

November has given Regina an icy reception this year. Reginans woke up Sunday morning to a heavy layer of ice on just about everything, from cars to sidewalks and especially on roadways.

The driving conditions were made worse by heavy fog throughout the city, reducing visibility and making driving even more treacherous. Staff Sgt. Bob Koroluk of the Regina Police Service described Regina's roads as the iciest he had seen in his 33 years of service.

Residents were asked by the police to stay home while city sanding crews did their work.

Numerous minor collisions were reported — police believe the total number of accidents could be in the hundreds.

Among the vehicles to be involved in accidents Sunday were sanding trucks, tow trucks and police vehicles, some of which ended up in ditches or in collisions with one another.

Ring Road between Victoria Avenue and the Wascana Parkway was closed to traffic while police cleaned up an accident involving semi trucks that jack-knifed across the major road.

Police lifted the travel advisory Sunday afternoon but warned that sanding crews were still active and that many side roads and sidewalks remained very icy.

JEFF MACKEY/METRO

Dispatches

16

From 6 a.m. to 12 p.m. on Sunday, police were dispatched to 16 different collisions in Regina.

Harper arrives in India to kick off six-day trip

Trade and investment focus. Currently trade sits at a modest $5.2 billion annually, and both countries hope to triple that by 2015

Prime Minister Harper and wife Laureen arrive in Agra, India, Sunday. THE CANADIAN PRESS

Hours before Stephen Harper's plane set down in India, he was already signalling his embrace of one of the world's most formidable economies — with a bite of a samosa.

On the way to Agra, where he eventually arrived on Sunday evening, Harper tucked into a platter of the savoury Indian pastry with three of his Indo-Canadian MPs.

"I'm a spicy-food eater," Harper conceded to reporters who had been invited to his private cabin on the government plane.

"I like everything. I love Indian food. I don't eat it that often, but I love Indian food."

Harper's unusually long six-day trip to India will be heavily focused on encouraging trade and investment, but will also touch on the personal ties between the two countries. Several reporters from Indo-Canadian media outlets have come along for Harper's trip. He is set to visit Chandigarh in the Punjab region, from where so many Canadians hail. The first stop on Monday will be the Taj Mahal, the elaborate marble tomb built in the 17th century.

Later, Harper is to participate in a business forum in the capital, New Delhi. Trade between Canada and India sits at a modest $5.2 billion annually, but the countries would like to see at $15 billion by 2015. THE CANADIAN PRESS

47 couples tie knot in mass marriage

An Indian Muslim bride looks aside during a mass marriage for 47 couples in Ahmadabad, India, on Sunday. Mass marriages are organized by social organizations primarily to help families who cannot afford the high ceremony costs, as well as the elaborate dowry that is often customary. AJIT SOLANKI/THE ASSOCIATED PRESS

Coronavirus

Another infected in Saudi Arabia

Saudi Arabia has reported another person infected with the new coronavirus that emerged this year. This infected person is in Riyad. It's the third such case. The news comes as the Hajj ends and millions head home. THE CANADIAN PRESS

Staff Sgt. Robert Bales

Soldier accused in deaths due in court

A U.S. soldier will appear in military court Monday, where prosecutors will for the first time lay out their case that he slaughtered 16 people, including children, during a predawn raid on two villages in Afghanistan. THE ASSOCIATED PRESS

Election in 2014

Intra-party intrigue in South Africa

South Africa's deputy president is being urged to challenge President Jacob Zuma for the leadership of the ruling party, the ANC. Kgalema Motlanthe is dubbed Zuma's "silent opponent." THE ASSOCIATED PRESS

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Rory Allen
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$25 & $20
Optional Dinner and a Show December 21
$61.25 (tax included)
Dinner • 6 - 7:30pm
Show • 8:30pm

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Aftermath. Sandy victims pray for relief, electricity

Storm victims went to church Sunday to pray for relief and give thanks for their deliverance as cold weather settling in across the New York metropolitan area compounded the misery for people already struggling with severe gasoline shortages and power outages.

Hundreds of parishioners in parkas, scarves and boots packed the pews and stood in the aisles for Mass at a chilly Church of St. Rose in flood-ravaged Belmar, N.J. Firefighters and police officers sat in the front rows and drew applause.

With about 700,000 homes and businesses in New York City, its northern suburbs and Long Island still without electricity six days after the storm, New York Gov. Andrew Cuomo warned that many homes are becoming uninhabitable and that tens of thousands of people are going to need other places to stay.

More than 900,000 homes and businesses in New Jersey were still without electricity.

Damage has been estimated at $50 billion US, making Sandy the second-most expensive storm in U.S. history, behind Hurricane Katrina in 2005. THE ASSOCIATED PRESS

Having faith

"There's more happiness in life than there is the opposite. And it will be back."

Roman Catholic Bishop David O'Connell

Felice Vazquez, 40, of Hoboken, N.J., greets a neighbour Sunday as she mans a table providing hot drinks and snacks on Washington Street, while the buildings around them remain without power due to damage caused by Superstorm Sandy.

JOHN MINCHILLO/THE ASSOCIATED PRESS

Pittsburgh zoo

Young boy mauled by wild dogs at zoo

A young boy visiting the Pittsburgh zoo with his mother and friends was killed Sunday when he fell about 14 feet off a deck into an exhibit that's home to a pack of African painted dogs, who pounced on the boy and mauled him, zoo officials said. It's not clear whether he died from the fall or the attack, said Tracy Gray of the Pittsburgh Zoo & PPG Aquarium.

When the boy fell, other visitors immediately told staff members, who responded along with Pittsburgh police. Zookeepers called off the dogs and seven of them immediately went to a back building. Three more eventually were drawn away from the boy, but the last dog wouldn't come into the building, and police had to shoot him, officials said. THE ASSOCIATED PRESS

Obama and Romney blitz swing states

Final push. Obama leading by a slight margin in key states after more than 27 million Americans voted in advance of Tuesday's election

U.S. President Barack Obama, above, stops for a campaign rally in Concord, N.H., Sunday, while his Republican opponent, Mitt Romney, greets supporters as he campaigns in Des Moines, Iowa.

ABOVE: CHIP SOMODEVILLA/GETTY IMAGES, BELOW: CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama and Republican rival Mitt Romney engaged in a frenzied cross-country blitz of the remaining toss-up states Sunday, with both sides predicting victory in a race that remains too close to call just two days before Election Day.

National opinion polls showed a race for the popular vote in Tuesday's election to be so close that only a statistically insignificant point or two separated the two rivals.

But the majority of polls in the battleground states — especially in the Midwestern states of Iowa, Wisconsin and Ohio — showed Obama with a slight advantage, giving him an easier path to the 270 electoral votes needed for victory. No Republican has won the White House without carrying Ohio.

Making his closing case to voters Sunday in Des Moines, Iowa, Romney pledged, if elected, to work with Democrats to restore the American dream and bring the economy roaring back to life.

"We're Americans. We can do anything," Romney said. "The only thing that stands between us and some of the best years we can imagine is a lack of leadership — and that's why we have elections."

Obama, too, said he is willing to work across party lines to break Washington's gridlock, but assured some 14,000 supporters who gathered in Concord, N.H., that he would not compromise key Democratic priorities such as health care and college financial aid.

"I know I look a little bit older, but I've got a lot of fight left in me," Obama said. "We have come too far to turn back now. We have come too far to let our hearts grow faint. It's time to keep pushing forward."

The final national NBC/Wall Street Journal Poll, conducted from Thursday to Saturday, showed Obama getting the support of 48 per cent of likely voters, while Romney received 47 per cent. THE ASSOCIATED PRESS

Battleground states

Under the U.S. system, the winner is not determined by the nationwide popular vote, but by state-by-state contests, making "battleground" states extremely important in such a tight race.

- **Deja vu?** That raises the possibility of a replay of the 2000 election when Republican George W. Bush won the presidency with an electoral vote majority, while Democrat Al Gore had a narrow lead in the nationwide popular vote.
- **Registered voters.** Obama's campaign said it had registered 1.8 million voters in key battleground states, nearly double the number of voters they registered in 2008.

NDP. Mulcair weighs in on U.S. election during weekend convention

Canada's Official Opposition is weighing in on the U.S. presidential election.

NDP Leader Tom Mulcair says he wants to work with someone who shares his party's values, particularly in terms of sustainable development — and on that issue President Barack Obama is more promising.

Mulcair says that regardless of who wins he will work with the president to promote the interests of Canadians.

The NDP leader made the comments to reporters Sunday in Montreal, where Quebec party delegates were gathered for a weekend convention.

Others at the meeting, including the party president, say they are hoping for an Obama victory.

In a speech at the Montreal meeting, Mulcair urged NDP members to raise money and strengthen the party's ground game so that it can take down the Harper government in 2015. THE CANADIAN PRESS

From Trump to Sandy, never a dull moment in 2012 campaign

The 2012 presidential campaign was indisputably the most expensive in American history. Some also maintain it was the nastiest. It was also one of the weirdest.

The nail-biting drama that was the race for the White House featured some unexpected supporting characters. These were some of them:

Superstorm Sandy as cupid: Chris Christie, the Republican governor of New Jersey, was among Obama's harshest critics for months, serving as one of Romney's top attack dogs. That was all before Sandy decimated his beloved Jersey shore.

Christie has had nothing but effusive praise for Obama since the ferocious megastorm lurched through the mid-Atlantic region, saying the president's handling of the federal response has been "outstanding."

Clint Eastwood as angry old uncle at Thanksgiving dinner: The iconic Hollywood actor took to the stage at the Republican convention in August. Backstage, Romney reportedly laughed throughout Eastwood's rambling, disjointed rant to an empty chair that was supposed to be Obama, even as the actor threw the prime-time convention off-schedule and became the subject of gleeful social-media ridicule.

Joe Biden as avenger: Seemingly mindful of the drubbing his boss was taking in the aftermath of the first debate, Biden showed up for his own showdown against Paul Ryan, Romney's running mate, with guns blazing. He sneered, he snickered, he sighed.

Donald Trump as constant source of embarrassment: Biden's over-the-top debate performance had nothing, however, on Trump's bids for media attention throughout the campaign. He proposed a challenge to Obama to release his academic records and passport applications in exchange for Trump donating $5 million to the charity of the president's choice. For his troubles, Trump was utterly ignored by the White House and publicly chastised for making a fool out of himself. THE CANADIAN PRESS

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U.S. election. Politics will dominate markets this week

Stock markets will likely be in for quiet trading at the beginning of this week with traders cautious ahead of the U.S. election on Tuesday that is too close to call.

"It's a huge week on the political scene," said Colin Cieszynski, market analyst at CMC Markets Canada, who observed that China will also be in focus. The Communist Party's 18th Party Congress meeting kicks off on Thursday, which will see the leadership transition of the party and also the country.

The Toronto markets chalked up a rise of 0.65 per cent last week in the wake of positive Canadian earnings reports. New York markets were slightly lower despite strong U.S. economic data, including consumer confidence at the best level in almost five years, and data showing expansion in the U.S. and Chinese manufacturing sectors.

The week was capped by a stronger-than-expected U.S. employment report for October as the American economy cranked out 170,000 jobs last month, higher than the 125,000 that had been expected, though the unemployment rate inched up 0.1 of a point to 7.9 per cent.

The U.S. numbers for August and September were also revised upward to show an additional 84,000 jobs were created, but election jitters kept markets muted.

THE CANADIAN PRESS

'Fiscal cliff'

Regardless of the outcome of the election, there is a growing amount of uncertainty over the so-called fiscal cliff facing the U.S. economy.

- The fiscal cliff refers to a variety of tax hikes and massive budget reductions that will come into effect at the end of December unless Republicans and Democrats can come together with an alternative budget plan.
- Economists warn such a shock could send the economy back into recession. International Monetary Fund chief Christine Lagarde recently warned that Canada would not escape the fallout from that.

Endangered pay phones prove their worth in emergencies

Telecom. While Sandy shows how valuable archaic technology can be, least-profitable booths in Ontario and Quebec are threatened

People wait to use a pay phone on Bright Beach Avenue on Oct. 31 in the Brooklyn borough of New York, after Superstorm Sandy knocked out cellphone reception. Despite their value during emergencies, pay phones may be cut even further in Ontario and Quebec if the CRTC doesn't approve price increases. JOHN MINCHILLO/THE ASSOCIATED PRESS

The events of Superstorm Sandy are raising questions about the importance of pay phones in emergencies, even as two of Canada's largest telecom companies say they will tear out some public telephones unless they are allowed to sharply raise prices.

New Yorkers were forced to turn to their neighbourhood's coin-operated phones last week as flood waters knocked out power and cellphone reception in areas ravaged by Sandy, the massive storm that swept across the Eastern Seaboard.

But a push from Bell Canada and Bell Aliant Inc. could make it harder to find those pay phones in Canada during emergencies.

Earlier this year, both companies made applications to the Canadian Radio-television and Telecommunications Commission for rate hikes that could double the price of a pay-phone call.

Under the submission, they are asked for the ability to boost the price of a local call to as much as $1 each, compared to the current price of 50 cents.

Then in September the two telecom companies added extra pressure to their request by saying that without a rate increase, they would be forced to get rid of their least-profitable pay phones.

That could mean that up to 25 per cent of their pay phones in Ontario and Quebec would disappear if the CRTC doesn't allow them to raise prices.

THE CANADIAN PRESS

Mini vs. full-size: iPad buyers weigh 1.8-inch difference

Employees hold a new full- size Apple iPad, fourth generation, left, next to the new Apple iPad mini at an Apple store in Chicago. The devices went on sale in stores Friday. M. SPENCER GREEN/THE ASSOCIATED PRESS

Should you go 7.9 or 9.7? It's one of two big questions facing indecisive consumers who are thinking about buying a new iPad but aren't sure which one to choose.

The new iPad mini, which went on sale in Canada on Friday, has a 7.9-inch screen, versus the 9.7-inch display on the newest full-size iPad (that's about 20 and 24.6 centimetres for metric-system sticklers).

The other magic number to consider is 170 — as in the price difference between an iPad mini and a similarly equipped version of the latest large-sized iPad.

On the low end, a WiFi-only 16-gigabyte iPad mini is $329, versus $499 for the big iPad. The most expensive 64-gigabyte iPad mini — out later this month — is WiFi and mobile-network-ready. It'll go for $659, while the latest upgrade of the iPad with the same specs goes for $829.

So is it worth an extra $170 for the larger iPad? Or put another way, will price-conscious buyers regret not spending the extra $170 if they go with the cheaper iPad mini?

The iPad mini's smaller screen brings down its cost and Apple also saved a few bucks by sacrificing a bit of screen quality. Since the third generation of the larger iPad, Apple has used its so-called Retina Displays, which have a resolution of 2,048 by 1,536 pixels, and a pixel density of 264 per inch.

By the numbers

$170

The price differential between the mini and full-size iPad.

In plain English, more pixels equal more detail and better sharpness. Because the iPad mini has a resolution of 1,024 by 768 pixels and a pixel density of 163 per inch, it is noticeably less sharp.

Text on the iPad mini has some clear raggedness around the edges. But it may not be apparent to many users unless they're doing a side-by-side comparison with a larger iPad or another tablet with better screen resolution.

There are advantages to choosing the smaller screen including better portability and a more comfortable grip.

The iPad mini weighs in at about .68 pounds to the 1.44 pounds of the newest WiFi-only iPad. It doesn't sound like a lot but the weight difference makes it far more comfortable to hold one-handed for long stretches of time. The smaller format also makes it easier to palm. THE CANADIAN PRESS

Sex-abuse scandal

U.K. may launch public inquiry into BBC conduct

Britain's government could order a full public inquiry into the British Broadcasting Corp.'s handling of the Jimmy Savile sex-abuse scandal, the country's top media minister said Sunday.

Culture Secretary Maria Miller told the Sunday Telegraph newspaper that a formal investigation into the broadcaster could be launched, if its own internal inquiries don't establish how the famed TV host's behaviour was allowed to go unchecked for decades. Savile has been accused of sexually abusing hundreds of vulnerable young people. He died last year at the age of 84.

Jimmy Savile appears at a charity run in this October 2006 file photo. GETTY IMAGES FILE

THE ASSOCIATED PRESS

Media-ethics inquiry

New texts show close ties between Cameron, Brooks

A British lawmaker says he's asked the country's media-ethics inquiry to consider newly disclosed text messages sent between Prime Minister David Cameron and Rebekah Brooks, the ex-chief executive of Rupert Murdoch's British newspaper division.

The Mail on Sunday newspaper published two previously undisclosed messages exchanged between the pair, who are friends and neighbours.

Brooks is facing trial on conspiracy charges linked to Britain's phone-hacking scandal, which saw Murdoch close down the News of the World tabloid.

In one newly disclosed message, Cameron thanked Brooks in 2009 for allowing him to borrow a horse, joking it was "fast, unpredictable and hard to control but fun." Opposition lawmaker Chris Bryant has asked a judge-led inquiry scrutinizing ties between the press and the powerful to examine the messages.

THE ASSOCIATED PRESS

'Milestone' agreement

ATMs, credit cards now an option for Myanmar tourists

Officials in Myanmar say three private banks have signed agreements with Visa Inc. to enable international travellers to use credit cards and withdraw cash from ATM machines by January.

Until recently, foreign visitors were barred from using credit cards in the Southeast Asian nation because of financial sanctions imposed by the U.S. and EU to punish the former military regime.

Those restrictions were lifted earlier this year after democratic reforms, and some businesses have already begun accepting credit cards.

Than Lwin, deputy chairman of Kanbawza Bank, says the deal was agreed to between Visa and his bank as well as two others — Cooperative Bank and Myanmar Oriental Bank.

He called the agreement "a milestone" that will boost the tourism industry in particular.

THE ASSOCIATED PRESS

U.S. ON EDGE OF SOMETHING HERE

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Trudeau the Elder had a saying, which neatly explains Canada-U.S. relations in simple Jungle Book terms:

"Living next to you is in some ways like sleeping with an elephant. No matter how friendly and even-tempered is the beast, if I can call it that, one is affected by every twitch and grunt."

Tomorrow, the U.S. is scheduled to undergo a doozie of a twitch and grunt, one that comes to pass every four years: A presidential election.

If you believe the polls, the race is so tight that no one can tell at this point if Twitch or Grunt will emerge the winner, so here on the other side of the bed, er, border, we don't know whether to roll over and go back to sleep or grab a blanket and head for the couch.

Wrong side of the bed

"You'd think your bunk mate would rate more interest, but for President Obama and 'Pretender' Romney, Canada remains a sleeping dog. Let it lie."

It's interesting. The U.S. presidential campaign has been a 24-7 media event for most of the last two years. Everything from health care to hurricanes has been viewed through the lens of the horse race.

Everything but Canada.

You'd think your bunk mate would rate more interest, but for President Obama and "Pretender" Romney, Canada remains a sleeping dog. Let it lie.

So we don't have much to go on. U.S. Ambassador David Jacobson — it's his job to talk to Canadians — says getting the U.S. economy on track will have the biggest impact on Canada. "When we do well, you do well," he said recently.

Well, you could argue that the U.S. economy is getting better under Barack Obama, as it has enjoyed job growth for 25 months in a row. Mitt Romney says that's not good enough. So if Americans buy what he's selling, tomorrow morning we'll have a new elephant who promises that the economy will do even better.

Certainly, Romney would never have cancelled the Keystone XL pipeline, designed to pipe Alberta (and someday soon, Saskatchewan) oilsands bitumen to U.S. refineries on the Gulf Coast, but everyone expects Obama to approve a redirected plan that bypasses an environmentally sensitive zone in Nebraska.

Then there's that border. While the candidates furiously debate the southern border, they've virtually ignored the one to the north. Is that because they already have this one sealed up, thanks to the perimeter security and trade agreement signed by the U.S. and Canada last year? It basically means we police our border based on U.S. criteria, which critics call a loss of sovereignty. As if we haven't already lost enough.

Whoever gets elected, it looks as if we can experience four more years of benign neglect. Of course, all bets are off if the U.S. declares war on Iran or North Korea and we're expected to lend a hand. If you're opposed to shedding Canadian blood to advance U.S. geopolitical aims, better hope for Twitch, not Grunt. Or maybe that's Grunt, not Twitch. When U.S. interests are at stake, it doesn't really matter, does it?

Disturbance in the Force

Starfighter feeling Disney after all

George Lucas's filmmaking outpost, Skywalker Ranch, is so far removed from the Hollywood moviemaking machine he once despised that it may as well be on the forest moon of Endor.

Which is why the announcement that Lucas is selling the Star Wars franchise and the entire Lucasfilm business to the Walt Disney Co. for more than $4 billion US is like a laser blast from outer space for Dale Pollock.

Pollock, the author of the 1999 biography Skywalking, said George Lucas disdained the Disney culture in interviews he gave in the 1980s, even though he admired the company's founder. "He felt the corporate 'Disneyization' had destroyed the spirit of Walt," Pollock said.

Lucas said through a spokeswoman on Saturday that he never said such a thing. But his anti-corporate streak is renowned. In the Lucasfilm-sanctioned documentary Empire of Dreams, Lucas says on camera that he is "not happy that corporations have taken over the film industry." THE ASSOCIATED PRESS

This ride will go down in history

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS PHOTOS

Step on the gas!

Pre-1905 cars put on some clicks

Participant Paul Noon drives his 1902 Westfield car in central London during the London to Brighton Veteran Car Run on Sunday.

More than 500 pre-1905 vehicles made their way on the historic 100-kilometre run from Hyde Park in London to coastal Brighton in southern England, in the world's longest-running motoring celebration spanning 116 years.

The run is not a race but an endurance event and the drivers are not competitors but participants, hence why there is no "first to Brighton" award.

All participants who complete the course receive a finisher's medal and certificate.

THE ASSOCIATED PRESS

The wheel deal

30 km/h

All vehicles must be driven at an average speed of no more than 30 km/h and, in case of breakdowns, outside assistance is only permitted at designated locations.

A 1904 Aster car is backdropped by a double-decker bus during the run.

Farm Credit food drive has a lot of pull

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Farm Credit Canada (FCC) is helping to fight local hunger with its food drive.

And the driving force behind it? You guessed it: Tractors!

The organization kick-started its ninth annual Drive Away Hunger program with the goal of collecting one million pounds of food and $500,000 for food banks.

The campaign to collect food in Moose Jaw started on Oct. 15 with a barbecue for students at Prince Arthur Community School. Several members of the Moose Jaw Warriors hockey team were also on hand to support the event.

On Oct. 16 (which was also World Food Day) FCC used three tractors to pick up non-perishable food from local schools and businesses in Moose Jaw.

They collected a total of 15,553 pounds of food and $16,614 in donations.

"Overall, the response was overwhelming," said Brent Bender, FCC director of the Regina district. "We had fantastic support from the communities, schools and business partners. It was a great experience. One day I had three young students come up to me carrying bags full of food and they said it felt really good to help out. That means a lot."

On Oct. 17, the food drive headed into the community of Assiniboia and then on the 18th into Weyburn, picking up the food as they drove. Talk about bringing in the harvest.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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SCENE 2

Sally Field stars in Steven Spielberg's new film Lincoln as Mary Todd, the wife of the assassinated president. HANDOUT

What if Lincoln could send a text message?

Lincoln. Sally Field talks about getting to know co-star Daniel Day-Lewis through modern-day means

NED EHRBAR
Metro World News in Hollywood

Sally Field didn't have any rehearsal time for Lincoln, in which she plays Mary Todd Lincoln opposite fellow Oscar-winner Daniel Day-Lewis' Honest Abe. Luckily, the pair had another way to develop the rapport and sense of intimacy necessary to portray the long-married couple: text messaging. In character.

You and Daniel Day-Lewis would text each other, in character, before and during production?
I actually kept all the texts. I printed them up, I will keep them forever. They were breathtakingly wonderful and important to me because he kept doing it throughout the whole filming. He would write me after I'd done big scenes. It meant so much to me, and I will never reveal it. I will never reveal what they are. They are mine, they belong to me — a little like what Mary Todd felt about Mr. Lincoln. She burnt many of his letters. "He belongs to me." And that relationship belongs to me and I will never share it. But I will talk about the texts. It was so wonderful and so funny, a lot of it. And so concise. You know, we were texting, but as precisely Mr. Lincoln and precisely Mary Todd as we could manage. In the middle of last summer, he took to sending me limericks, and I would answer him by being critical. You know, "Is this the way you spend your time?" And criticize his lack of intelligence and his use of language (laughs).

It seems daunting to apply that manner of language to typing with your thumbs on a phone.
Yeah. It was really hard to do. It was helped by the fact that I was in the midst of research myself, so I was reading all these letters that were written of the feeling of the time. The way they used language was incredible. And also [screenwriter] Tony [Kushner]'s words were already being imprinted on my head, so I had some sense of the use of the language, and it was really a challenge much of the time to say what I wanted to say and not lose how it is that it should be said or it would be said at the time.

Have you ever done anything like that with a co-star before?
You know, I have never done a role that's this intense and emotional and connected to one human being and never have any rehearsal. We never had any rehearsal. So many of the scenes that you see between Mary and Mr. Lincoln are literally walk on set and do it. And do very few takes. But we had done so much work, he and I, and I think we both have enough miles in the saddle, and the bubble that was created for us by Steven [Spielberg] and by him to stay immersed in this world, it made it very interesting and very challenging — but in a good way — to work. The difficulty is owning the language. It's so difficult to say.

It must be nice being one of the few people in this film that doesn't have to worry about outlandish facial hair.
No, but I had to worry about other things, like gaining weight.

You look fantastic now.
I haven't eaten since (laughs).

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Britney Spears. ALL PHOTOS GETTY IMAGES

Lawsuit against Spears' family thrown out of court

Britney Spears has one less headache to worry about, as a judge has dismissed former manager Sam Lufti's case against the singer and her family, according to Hollyscoop.

Lufti's suit had claimed that Spears' mom defamed him in her book and her dad assaulted him and that Spears herself owed him nearly $1 million in unpaid wages because of a verbal agreement that he would manage her for a four-year period. Lufti is reportedly planning to appeal.

Lady Gaga.

Lady Gaga dismisses critics of her weight

While Lady Gaga has successfully shed the pounds she'd put on recently, she still thinks the attention the weight gain garnered was out of proportion.

"I thought, well I don't really care if they think I'm fat because, quite honestly, I did gain about 30 pounds," Gaga said.

"Adele is bigger than me. How come nobody says anything about it?"

The Word

DiCaprio casts off another model girlfriend

Leonardo DiCaprio has called it quits with yet another fashion model girlfriend, reportedly breaking up with Erin Heatherton after about 10 months of dating, according to Us Weekly.

"They split a few weeks ago. There's no bad blood, they still care about each other a lot," a source says.

"They're both just really busy. They had crazy schedules."

DiCaprio previously had long-term relationships with models Gisele Bundchen from 2001 to 2005 and Bar Refaeli from 2006 to 2011.

Amanda Bynes

Amanda Bynes threatens to sue over latest allegations

Amanda Bynes has been accused of engaging in a lot of unstable and unlawful behaviour this year. But apparently she draws the line at an In Touch magazine report that she paraded around a New York tanning salon completely naked, telling Celebuzz in a text message it wasn't true.

"That's not true, I'll sue."

The story claimed that Bynes emerged from a private tanning room completely naked and looking for a pair of goggles.

She "didn't seem to care that everyone saw her naked," a source says, adding that Bynes looked "painfully thin."

Twitter

@ralphmacchio
Lights just went on at Camp Macchio! Water is running!

@jimmykimmel
The SkyMall catalogue has gotten so commercialized

@prattprattpratt
Haiku of the day: Jack Daniel's Whiskey. Jack. I love you, Jack. I got your back, Mr. Jack. Forever my boy.

@SteveMartinToGo
I stand by my original apology.

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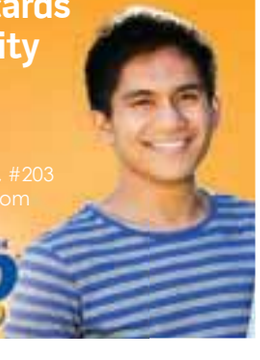

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Healing owies

Magic bandage remover

It's funny, isn't it, the crying and anxiety that comes with the simple task of removing a tiny bandage from a child? I have found a solution, though, that might save your sanity — and your child's. Simply dip your finger in baby oil and rub it on top of the bandage. In just seconds, the oil will seep into the bandage and viola: No more stickiness! The bandage just slides off and the skin is left soothed by the oil. CHARITY GASPER, YUMMYMUMMYCLUB.CA

Remembrance Day

Troop appreciation activities

1. Write to the troops: Any Canadian Forces Member
Op Attention Kabul
PO Box 5140 Stn Forces
Belleville ON K8N 5W6
2. Print out free Remembrance Day colouring pages.
3. Wear a poppy to school.
4. Read the poem In Flanders Field together.
5. Read Winnie-the-Pooh and talk about Winnie's history. (True story: Winnie-the-Pooh was inspired by Winnipeg the Bear — a Canadian born bear adopted by a Canadian solider who became his regiment's mascot.)

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

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Five life lessons I have learned from my toddler

Wee ones. Two-year-olds actually have a lot of wisdom to impart

HAILEY EISEN
yummymummyclub.ca

Toddlers are incredible because, for the most part, they exist in a pure and natural state — untainted by society's expectations, standards and rules. They do what they want, when they want, until someone forces them to stop. They speak their minds and act without inhibition. Adults can learn a lot from them! Here's what mine has taught me.

Be persistent
If you want something badly enough, it's worth going after. Whether this means cajoling, bargaining, pleading or even stomping your feet. Even if someone is standing in the way of making your dream/goal/desire a reality, a healthy dose of conviction is sometimes all you need to break down that barrier. There's no talking my daughter out of something once she's made up her mind.

Be in the moment
If there's anyone who can teach us about mindfulness, it's a toddler. It's amazing to watch a kid play. It's as if nothing around them matters. They aren't worrying about how the week's weather forecast will interfere with their play dates or what to wear to the family dinner party. Kids live in the moment. They don't waste any time worrying about things in the future that they have no control over anyway.

Let your emotions flow
Have you ever watched a two-year-old process emotions? Mine can go from laughing hysterically, to crying, to sulking, to laughing in a matter of minutes. She expresses her emotions as she feels them, so she's never at risk of keeping them pent up. She doesn't know about holding a grudge and the longest she can stay angry with someone is five minutes.

Forget what others think
Do you ever wonder how you'd live your life if no one was watching? That's how my child lives every day. It may sound cliché, but it's totally liberating. I'm taking cues from her and quieting that inner voice that says, "What if they don't like me? What if they think I look fat?" As my daughter practices her plié sauté on a busy sidewalk wearing a tutu and a mismatched hat with chocolate smeared on her cheek, I have to ask myself: who cares? And the answer I'm going for is: not me!

There is a lot adults can learn from toddlers. ISTOCK

Love yourself
My daughter is happiest when positioned in front of the full-length mirror in our front foyer. She'll sing, dance, and have full conversations with herself. She's so happy with her own reflection that she never looks upon herself with criticism. This is what we all felt about ourselves when we were kids, before we started listening to the criticism of others. When was the last time you looked yourself in the mirror and felt nothing but love? When was the last time you celebrated your accomplishments? Take a lesson from this kid and start loving yourself more today!

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Are there real risks to colouring your hair if you're expecting?

KIM FOSTER
yummymummyclub.ca

Is hair dye harmful to your developing baby? There is a lot of rumour, a lot of urban myth and a lot of confusion out there.

First thing to know: There is very limited absorption of the chemicals used in hair dye through your skin. This is true, unless you have burns or open sores on your scalp. Or unless you're eating it.

Motherisk — the gold-standard source for pregnancy-related information — reviewed 25 studies on the subject of hair treatments and pregnancy, and concluded that hair treatments are "unlikely to cause adverse fetal effects."

There are no known or identified risks or birth defects that have been linked to hair chemicals, and "for the average pregnant woman, receiving hair treatments three to four times during pregnancy does not appear to increase risk of adverse effects on the fetus."

There are studies that look at hairdressers themselves: A population that is exposed to hair chemicals on a more or less daily basis.

One such study compared 550 hairdressers to a control group of women never exposed, and they found "no statistically significant differences in fetal loss, preterm birth, small for gestational-age babies, congenital malformations, or achievement of developmental milestones among their children."

Studies show that dying your hair during pregnancy is "unlikely to cause adverse fetal effects." ISTOCK

All of this is extremely reassuring. Years of experience and observation, coupled with the existing research, tells us that there is no cause for concern.

Bottom line: Colouring your hair when you are pregnant is considered safe. Of course the thing about research is that there's always new stuff coming to light. Although this is how things look right now, I cannot promise that we will never find any data that contradicts the basic position that colouring your hair is safe.

So what to do? You have to weigh things for yourself. It's important to feel good about yourself when you're pregnant. Maybe, for you, that means taking particular care of your appearance and colouring your hair. Maybe for you that means not having to worry about a potential, unknown risk. It has to be up to you.

Noticing some mo bros and sistas?

GILBERT NDIKUBWAYEZU
life@metronews.ca

In the next few weeks, you may see many men developing their whiskers in an exceptional way.

It's Movember — a combination of moustache and November — a time when men grow a moustache during the whole month of November.

By doing so, you participate in an awareness campaign against males' most pressing health issues, notably prostate cancer.

The worldwide campaign culminates in a multitude of fundraising parties, with proceedings going to programmes dedicated to fighting against prostate cancer and males' mental health.

Participation in Movember requires a guy to register for the campaign, with a completely shaved face starting on November 1.

The ultimate objective is to instill, throughout the month, discussions in all walks of life about the often ignored issues facing males' health.

Since its inception in 2004, Movember activities have spread around the world. Canada joined the movement in 2007 and this year such activities will be held in 21 countries.

In 2011, as many as 854,000 Canadians participated, raising $125.7 million for the Movember Foundation.

Mo Sistas

So it's Movember, the month to grow moustaches and fight prostate cancer. And you are a female. Doesn't really concern you, does it?

Well, yes actually. There are ways women can also play a role, and a vital one at that, during the Movember campaign.

"Just because you can't grow a moustache doesn't mean you can't have a life-saving conversation, create awareness and contribute to a great cause," said Angela McNally of Toronto, who has been a Mo Sista since 2010 and currently sits on its Toronto committee. "Standing behind this cause shows you are passionate to see a change in men's Health."

Mo Sistas play a crucial role during the campaign by acting as team captains, recruiting others to join, sparking conversations, lending support to Mo Bros who grow moustaches and raising general awareness for the importance of men's health, said Pete Mbombaci, director for Movember Canada.

There we more than 16,000 registered Mo Sistas last year. They have formed regional committees in Toronto, Calgary and Montreal.

GILBERT NDIKUBWAYEZU/FOR METRO

Movember expands scope to include mental health issues

In the spirit of continuing to address crucial issues that affect men's health, Movember has expanded its scope of campaign to include males' mental health.

Mental health problems affect 3.4 million Canadian males each year, said Pete Mbombaci, national director of Movember Canada, as he explained the reasons why the movement decided this year to include mental health in its campaign activities. In other words, one-in-five Canadian men is affected by mental health issues. This trend raises the rate of suicide among men. Despite the lower cases of depression reported, it has emerged that four out five suicides among young Canadian people are committed by men. These alarming numbers are what prompted the Movember foundation to include mental health in its awareness campaign this year, Mbombaci said.

"This is an important step in the evolution of Movember as we're able to continue to address critical men's health issues," he said, adding that the goal is to get people to have discussions about it to reduce stigma and discrimination associated with it.

Movember intends to partner with other existing organizations in the mental health field to form an industry think tank that will possibly convene in January to address key areas where funding is needed. Once decided, mental health organizations across Canada will be able to apply for funding for projects in the given priority areas, Pete added.

Movember campaign funds will also help raise awareness of men's mental health issues. ISTOCK IMAGES

At the Canadian Mental Health Association (CMHA), they've welcomed this Movember initiative, in as far as it will help men take recognition of mental health's severity.

"Many men don't believe they are susceptible to depression for example," said Peter Coleridge, national CEO of CMHA. He said that, just like prostate cancer, men's mental health issues are not spoken about among people, yet this is "the second largest threat to men's health after accidents."

"We encourage all Canadians to maintain and improve their mental health, and seek support and help when needed," he said.

Peter said the Movember campaign will help direct males to resources available to them at CMHA and other health organizations across the country. GILBERT NDIKUBWAYEZU/FOR METRO

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French Toast gets a healthy facelift from multi-grain bread

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

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for more, visit
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Pancake houses serve delicious French toast, cooked in loads of oil and smothered with butter and maple syrup. Delicious, but it's not healthy or low in fat. My version is delicious and healthy. Using the egg substitute lowers fat, calories and cholesterol.

Ingredients

- 1/2 cup egg substitute or 2 large eggs
- 3 egg whites
- 1/3 cup low-fat milk
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 4 slices multi-grain bread
- 3 tbsp pure maple syrup
- 1 tbsp sifted icing sugar
- 1/2 cup sliced strawberries

1. Whisk the eggs, milk, cinnamon and vanilla together in a shallow bowl until well blended. Dip a piece of bread into the mixture, making sure both sides are moistened. Do not leave the bread in the mixture for too long or the bread will fall apart. Repeat with another slice of bread.

2. Spray a large non-stick skillet with vegetable oil and place over medium heat. Cook 2 pieces at a time, browning each side, a total of about 5 minutes.

3. Garnish with a sprinkling of icing sugar, a drizzle of maple syrup and sliced strawberries.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional analysis

Per one slice

- **107 calories; 6.3 g protein; 1.3 g fat; 0.4 g saturated fat; 16 g carbohydrates; 3.8 mg cholesterol; 160 mg sodium; 2.4 g fibre**

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Sometimes getting a fresh breakfast on the table without being late for work or school isn't possible. But be careful with the alternatives.

Aunt Jemima Croissant Egg Sandwich

350 calories/ 23 g fat
Egg and cheese are the only safe items in this frozen breakfast. The croissant and sausage contain the majority of calories and fat.

Equivalent

One Aunt Jemima Croissant Egg Sandwich is equal in fat to almost six marshmallow dream bars from Starbucks.

Smart One's English Muffin with Egg, Cheese and Bacon

210 calories/ 6 g fat
Egg whites are used, reducing calories and fat.

Night Before Scrambled Eggs. Start today, finish tomorrow morning

Ingredients

- 45 ml (3 tbsp) butter or margarine, divided
- 22 ml (1 1/2 tbsp) all-purpose flour
- 2 ml (1/2 tsp) salt
- 300 ml (1 1/4 cups) milk
- 425 ml (1 3/4 cups) shredded cheddar cheese, divided
- 75 ml (1/3 cup) finely chopped onion
- 250 ml (1 cup) sliced mushrooms
- 12 eggs

1. In saucepan, melt 15 ml (1 tbsp) of butter. Whisk in flour and salt. Gradually whisk in milk until smooth. Bring mix to simmer over medium heat, stirring constantly, until slightly thickened. Remove from heat. Add 300 ml (1 1/4 cups) of cheese, stirring until melted. Set aside.

2. In frying pan, melt remaining 30 ml (2 tbsp) butter. Add mushrooms and onion; sauté until tender.

3. Whisk eggs. Add eggs to mushroom-onion mixture. Cook until eggs are just set but still a little wet. Stir cheese sauce into egg mix. Spoon mix into a greased 23-cm (9-inch) square baking pan or 2.5-l casserole. Sprinkle remaining 125 ml (1/2 cup) cheese over top. Cover and refrigerate overnight.

4. The next morning, uncover and bake in a 180 C (350 F) oven until heated through and cheese is melted, 20 to 25 minutes. THE CANADIAN PRESS/ EGG FARMERS OF ONTARIO

Breakfast faves meet in Skillet Blueberry Muffin Pancakes

What do you do when you are hankering for blueberry muffins, but don't have a muffin pan handy? Well, you can cook them the same as you would pancake batter, in a skillet, using the muffin batter.

Why not just make blueberry pancakes? To answer that, look at the differences between pancake and muffin batters. Though recipes will vary, most pancake and muffin recipes call for equal amounts of flour and eggs. But while pancakes call for more liquid, muffins get more sugar, fat and baking powder.

So while muffin batter cooked in a skillet may resemble a pancake, the taste is all muffin. You can even top the muffins with a blend of cinnamon-sugar. This caramelizes beautifully when you flip them. And while muffins can take half an hour to bake, these pancake-style muffins cook up in just minutes.

Ingredients

For the muffins
- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tbsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- Zest of 1 lemon
- 1 cup milk
- 1 egg
- 2 tbsp canola or vegetable oil
- 1 tsp vanilla extract
- 1 cup fresh blueberries

For the topping
- 2 tbsp brown sugar
- 2 tbsp cinnamon

1. In bowl, stir flour, sugar, baking powder, cinnamon, salt and lemon zest. In separate bowl, whisk together the milk, egg, oil and vanilla.

2. Add liquid ingredients to the dry, then stir just until a batter forms. Gently stir in the blueberries. Set aside.

3. In small bowl, mix brown sugar and cinnamon.

4. Heat skillet over medium. Coat with cooking spray, reduce heat to low, then ladle batter into the skillet, using about 1/3 cup per muffin. Do not crowd the pan, as muffins will spread. Sprinkle the top of each muffin with a bit of the topping. Cover and cook for 6 to 8 minutes, or until risen and browned on the bottom. Use a spatula to flip and cook for another 2 to 4 minutes. Repeat with remaining batter. THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

There's magic in your mistakes

Telling it like it is.
W. Brett Wilson tackles the tough side of getting to the top

ELIZABETH BEDDALL
life@metronews.ca

Wilson is chairman of both Canoe Financial and his Prairie Merchant Corporation and is a member of the Order of Canada. HEATHER FRITZ

Dragons' Den co-star and Risky Business host W. Brett Wilson became one of Canada's top investment bankers, but learned the hard way that financial success and the respect of business peers can come at the price of losing health, family and friends.

In his new book Redefining Success, which is in stores tomorrow, Wilson tells the story of hitting the big-time financially while hitting rock-bottom personally, and what led him to redefine his life.

Metro caught up with Wilson to chat about success, business savvy and what it truly means to be satisfied.

If we're being completely honest, does one's personal life have to suffer at least marginally in order to climb the professional ladder?
Yes, there are sacrifices for sure because we can only do one thing at time and we have competing demands on our time. That simply drives home the relevance of setting priorities to steward ones time with.

What are three key warning signs that you are not balancing work and life properly?
There are many warning signs, but at the personal level when you aren't allocating time to your health, your family and your friends ... quite simply you are not balancing life and work very well.

If I were hoping to get you to invest in my small business idea, what could I tell you that would make you back out immediately?
If you told me the idea was new and you thought it was worth a "flyer" I would question for passion, for the concept and ability and interest in following through — meaning I am gonzo!

What has been the biggest risk you've ever taken in your professional life and did it yield positive or negative results?
The biggest risk I ever took, in the eyes of my family and friends and peers, was starting FirstEnergy — the energy-focused brokerage firm — as the entrepreneur. I was comfortable with the risk (it was my life's focus after all), but there were many doubters. Did it work out? Financially it was a success. Personally, it absorbed every waking hour, to the detriment of key relationships in my life.

Can you recall a moment in your life where you felt like you achieved success wholly and completely?
Success is hard to measure, therefore it's hard to respond to the question.

Have I achieved success? The last line in my book offers: "A successful man is one who has earned the respect and admiration of others." I would add, "especially that of his children." On that basis — I hope I have achieved success. I know my life's work is far from done.

The In-Credibility Factor

Name: Daniel Torjman
City: Toronto
Age: 33
Occupation: Designer, founder of clothing and accessory brand 18 Waits

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Daniel Torjman. LEETA HARDING

Torjman was working in the fashion industry in New York when he decided to move back to Canada and strike out on his own. He founded 18 Waits, and now his clothing and accessories are featured in high-end North American stores, like Holt Renfrew, and around the world in China, Japan and the United Arab Emirates.

I knew I was on my way when... we brought our collection to sell at a very well regarded trade show in Paris and New York and it was incredibly well-received. We showed alongside the best brands in the world for buyers who came from all over the world and everyone loved our brand and collection. It was pretty exciting as the people who walk these shows are educated, skilled and acutely aware of what's happening in the fashion world on an international level. And we fit right in.

Action Plan

• Be well organized. It's so easy for things to get out of hand — and quickly — when starting a business. Set up a good system of organization right off the bat so you're off to a good start and not trying to clean up messes down the road.

• Surround yourself with the right people. Don't have an ego about it. Find great people to work with and let them do what they're best at without getting in their way.

• Don't give up. It doesn't matter what industry you're in; starting and running your own business is not easy. But if your goal or dream is to do it then all the work is worth it. Don't get frustrated by small failings or not succeeding as fast as you would have hoped. It takes a few years for a business to really find its legs and start working. Lastly, work your ass off. Because that's what it takes to make it work. If you love what you do — which I do — the work is fun and exciting, as opposed to laborious and boring. Love what you do and then work your ass off doing it.

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Roughriders receiver Greg Carr fails to make the catch as Lions Korey Banks and Ryan Phillips defend on Saturday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Riders set to tangle with red-hot Stamps

CFL. West semifinalists enter playoffs on two different trajectories

Jon Cornish and the Calgary Stampeders are heading into the CFL playoffs on a nice roll.

Calgary ended its regular season with a fourth straight victory, a 30-27 decision over the Edmonton Eskimos on Friday night. The Stampeders (12-6) had already clinched second in the West and the right to host the division semifinal Sunday, but will do so with the CFL's second-best record behind B.C. (13-5) after winning eight of 10 games since Sept. 3.

Calgary will host Saskatchewan in playoff action next weekend. The Riders (8-10) were one of two teams to beat the Stampeders down the stretch, registering a 30-25 victory on Sept. 23.

But while Calgary is the CFL's hottest team heading into the playoffs, the Riders are limping in, having lost four straight.

The Toronto Argonauts (9-9) will host Edmonton (7-11) in the East Division semifinal Sunday. The Argos finished second in the conference, while the Eskimos were last in the West but grabbed the crossover berth by posting a better record than the Hamilton Tiger-Cats and Winnipeg Blue Bombers (both 6-12).

Saskatchewan will also have to contend with a formidable Calgary ground attack anchored by Cornish.

The native of New Westminster, B.C., was the CFL's leading rusher this season with 1,457 yards and the first Canadian to be the league's top runner since Ottawa's Orville Lee in 1988. Cornish also surpassed the legendary Norm Kwong (1,437 yards in '56) as the top rushing Canuck in a season.

But Cornish is by no means the lone offensive weapon in Calgary's arsenal.

Veteran slotback Nik Lewis had a league-high 100 catches and was fourth overall in receiving yards with 1,241 and also had 10 touchdown grabs.

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By the numbers

50

Jon Cornish entered Friday's game against Edmonton needing just 50 yards to surpass Norm Kwong's mark. He ended up with 14 carries for 69 yards, finishing the regular season with 1,457 yards. In his four games against Edmonton this season, he accounted for more than 500 of those yards.

CFL. 'Streaks don't matter in the playoffs': Chamblin

Riders quarterback Drew Willy passes against the Lions on Saturday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Despite a low-scoring regular-season finale, the B.C. Lions are right where they want to be.

The Saskatchewan Roughriders are a different story.

The league-leading Lions defeated the Riders 17-6 on Saturday in Vancouver.

It was Roughriders pivot Drew Willy's second career start in the CFL. J.T. O'Sullivan, the one-time San Francisco 49ers starter, took over behind centre in the second half.

Darian Durant was given the night off to rest. He suffered a helmet-to-helmet blow on Oct. 27 but will likely be behind centre in Calgary.

Despite entering the post-season on a four-game losing streak, the Riders are optimistic.

"(Going into the playoffs) when you look at it, everybody's 0-0," said Saskatchewan head coach Corey Chamblin. "Streaks don't matter in the playoffs."

The defence held Saskatchewan to just two field goals and 11 first downs.

Sandro DeAngelis had the lone points for Saskatchewan, a field goal in each half.

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WHL

Pats win one, lose one on weekend

The Regina Pats have come away with a win and a loss in two home games over the weekend.

The Pats dropped their game against the Calgary Hitmen on Friday 4-1, but redeemed themselves Saturday with a 4-1 win over the Prince Albert Raiders.

Regina now sits with a 7-11-1-0 record on the season.

Attendance at the Brandt Centre on Friday was 4,360 and on Saturday it was 3,535. The Pats' next game is Wednesday when they host the Seattle Thunderbirds (8-7-1-0). METRO

CIS football

Rams top Huskies to book spot in Hardy Cup

The University of Regina Rams beat the University of Saskatchewan Huskies 31-9 on Friday at Mosaic Stadium.

The snowy Canada West semifinal was tight at halftime, with the Rams leading by only one point, 10-9. The second half was all Rams, though, as they dominated 21-0.

Rams slotback Landon Buch surprised many with his two touchdowns, 130 receiving yards and six catches.

Regina advances to the Hardy Cup on Saturday against the University of Calgary at McMahon Stadium at 2 p.m. METRO

NHL

Hope springs from marathon meetings

The conversation is flowing again between the NHL and NHL Players' Association.

A marathon meeting between deputy commissioner Bill Daly and NHLPA special counsel Steve Fehr stretched from Saturday afternoon into the early hours of Sunday morning, and was followed by some encouraging news: The sides expect to return to the bargaining table on Tuesday in New York.

"We met on and off for most of the day and covered a lot of ground," Daly told The Canadian Press via email. "We plan to meet again early in the week."

Daly and Fehr got together at an undisclosed location in an effort to shield themselves from the media spotlight and start finding a way forward in negotiations.

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Horoscopes

♈ Aries
March 21 - April 20
Someone will introduce you to a new idea today and while it may be a bit uncomfortable you will benefit intellectually. But don't get too radical in your thinking: the answers you seek are mainly in the middle ground.

♉ Taurus
April 21 - May 21
Unexpected developments will throw up new challenges and opportunities over the next few days. Are you ready for them? Are you willing to adapt? Only those who know how to think and act fast will gain in the long-term.

♊ Gemini
May 22 - June 21
Your ability to visualize what it is you want to accomplish will make things easy for you this coming week. Others may say you are chasing rainbows, and maybe you are, but at least you have a dream of some sort.

♋ Cancer
June 22 - July 23
Although you may want to comfort someone who has a whole load of personal problems don't make it look as if you condone their negative behavior. Overall, they have only themselves to blame. Sad but true.

♌ Leo
July 24 - Aug. 23
If you don't ask you won't get, so speak up and let others know what it is you want from them. Their response may not be entirely positive but it won't be entirely negative either. You'll get something at least.

♍ Virgo
Aug. 24 - Sept. 23
The planets warn there is still a lot of work to be done to get from where you are now to where you most want to be. The good news is you have a clearly defined goal and can start working towards it.

♎ Libra
Sept. 24 - Oct. 23
You won't be short of ideas and you won't be short of opinions. The one thing you may be short of is the ability to see that not everyone thinks the same way as you. What happened to your Libra sense of balance?

♏ Scorpio
Oct. 24 - Nov. 22
Try not to lapse into negative patterns of behavior, especially where money matters are concerned. If you think you are going to lose out in some way your thoughts will create circumstances that are likely to make it happen.

♐ Sagittarius
Nov. 23 - Dec. 21
Some people seem to think that your main task in life is to look after them. It's about time you let them know it isn't true. Cut off assistance today and let them fend for themselves. In the long-term it will do them good.

♑ Capricorn
Dec. 22 - Jan. 20
Differences of opinion on the work front need to be resolved this week. Colleagues and employers are ready to talk business but are reluctant to make the first move. Fortunately you're much braver than they are.

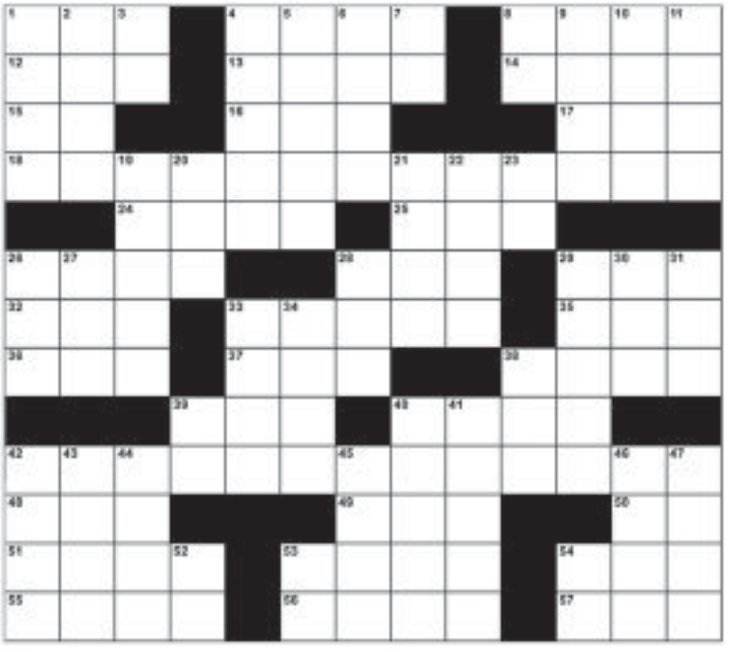
♒ Aquarius
Jan. 21 - Feb. 19
If you can get away at short notice this is a good time to travel, but if you are stuck in one place there are other ways you can make life interesting. Use your imagination. What you think today you'll be doing tomorrow.

♓ Pisces
Feb. 20 - March 20
You seem to believe that someone is plotting against you. Common sense should tell you there is nothing to fear

SALLY BROMPTON

Canadian Crossword

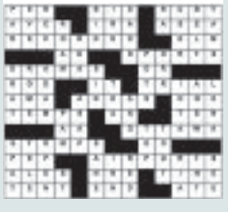
BY BETTY MARTIN



Across
1. Football official
4. Dick and Jane's dog
8. Leave out
12. Appendage
13. Docile
14. Arson
15. Circle ratio
16. Actress Gardner
17. Negative vote
18. Flighty fellows
24. Enemies
25. Chat room access provider
26. Construction area
28. Many thousand (abbr.)
29. Form of address
32. High card
33. Hillock
35. Afternoon social
36. Actor James Van – Beek
37. Three, in Rome
38. Quiet!
39. Possess
40. College official
42. Insatiable Sesame Street character (2 words)
48. Decide on
49. Picnic pest
50. Egyptian Sun God
51. Den
53. Fragrance
54. Brand name for pens
55. As well as
56. Extremely
57. — Haw

Down
1. Knocks sharply
2. Actor McCormack
3. Radio dial
4. Avow
5. Re-tars the road
6. Actor Epps of House, M.D.
7. — Deum
8. "East – Eden"
9. Skirt length
10. Neighbour of Iraq
11. Golf gadgets
19. Comes up next
20. Digit
21. Remove water
22. Dinner accompaniment
23. Actor Pacino
26. Dismal
27. Keeps drinks cold
28. Me, to Miss Piggy
29. Dangerous feat
30. Plural ending
31. Cheer
33. New Zealand fruit
34. Star Trek: Deep Space —
38. This Hour — 22 Minutes
39. Give the go-ahead
40. Blood giver
41. Access
42. Type of pop
43. October birthstone
44. Elevator maker
45. Erected
46. Great lake bordering Lake Ontario
47. The Amazing —
52. Former co-host of The View (init.)
53. Ottawa valley (abbr.)
54. Old time "Road to...." actor (init.)

Yesterday's Crossword



What's online

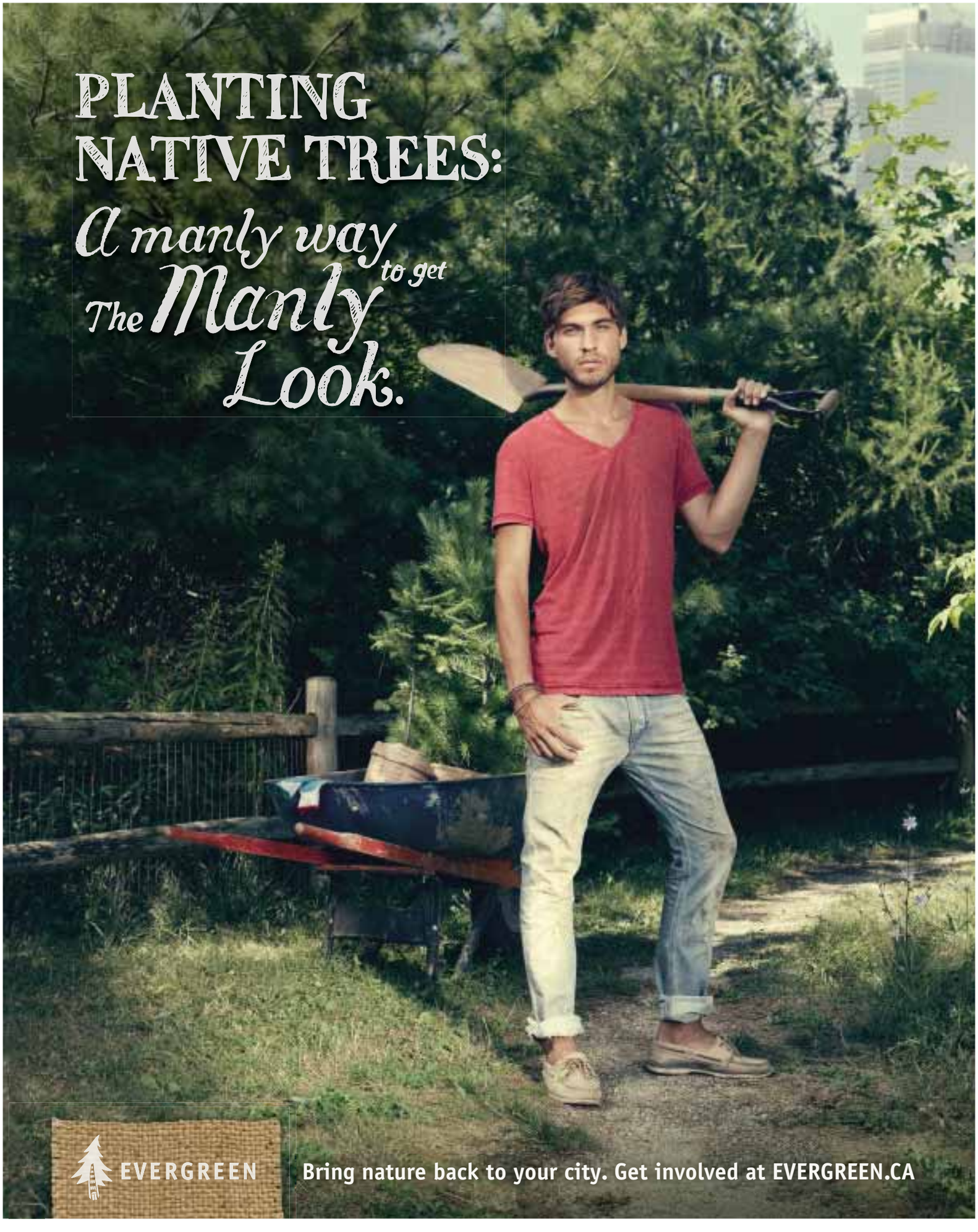
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2		4		7		5		6
			4			3	8	1
			9	6				5
7			3		8			9
1				5	2			
8	6	3			4			
4		5		9		1		2

Yesterday's Sudoku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